

- **Person-to-Person:**

Services and supports to assist people with disabilities, their families, and friends to: (1) articulate a personal vision for a desired life in the community, including employment; and (2) locate and connect people to sources of personal support in the community that enhance the vision for a desired life.

Behavior Therapy

Coverage of needed behavior therapies to meet the health, safety, and habilitation needs of the person, as identified in the ISP.

Environmental Adaptations

Physical adaptations to the home, as outlined in the ISP, that make it possible for the person to continue to live in the community.

Extended State Plan Services

Funding for Occupational Therapy (OT), Physical Therapy (PT), Speech Therapy, prescription drugs and Adult Day Health beyond the limits of the Medicaid State Plan.

Nursing Services

Skilled and private-duty nursing care, as directed by the ISP.

Respite Care

Services to provide short-term relief for families caring for a family member with a developmental disability.

Specialized Medical Equipment and Supplies

Equipment and supplies identified in the person's plan that cannot be purchased under the State Medicaid plan.

Staff/Family Consultation & Training

Training and consultation designed to enable staff and families to effectively implement the ISP.

Transportation

Provision of non-medical transportation for Individual Service Plan (ISP) related activities.

For more information,
visit the DDD Internet website at:
<http://www1.dshs.wa.gov/ddd/index.shtml>



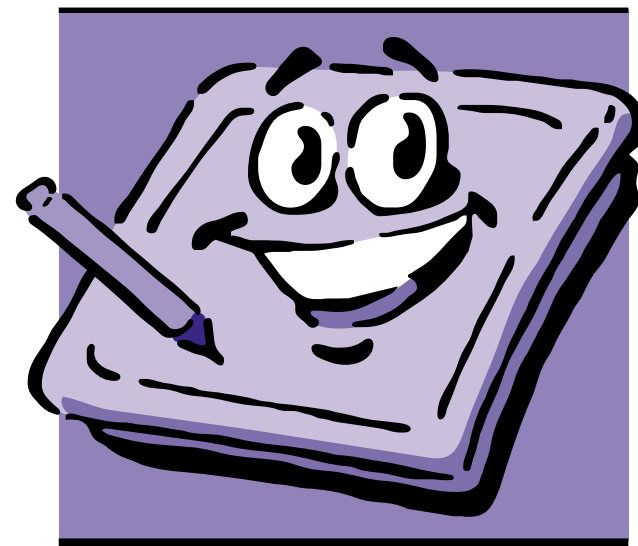
Nondiscrimination. It is the policy of the Department of Social and Health Services that no person shall be subjected to discrimination in this agency or its contractors because of race, color, national origin, gender, age, religion, creed, marital status, disabled or Vietnam Era Veteran status, or the presence of any physical, mental, or sensory handicap.

**For more information, contact
your Case Resource Manager
or Regional DDD Office:**

Region 1:	509-456-2893 1-800-462-0624
Region 2:	509-225-7970 1-800-822-7840
Region 3:	425-339-4833 1-800-788-2053
Region 4:	206-568-5700 1-800-314-3296
Region 5:	253-593-2812 1-800-248-0949
Region 6:	360-570-3150 1-800-339-8227

**Basic information
regarding eligibility, access,
and services under the...**

Community Alternatives Program



**Community Alternatives Home
and Community Based Services
Waiver Program**

Aging &
Disability
Services

 Washington State
Department of Social
& Health Services
DSHS 22-605 (1/03)

CAP Waiver Overview

The Division of Developmental Disabilities (DDD) Community Alternatives Program (CAP) Medicaid Home and Community-Based Services (HCBS) Waiver began on December 1, 1983. The waiver has grown from serving an annual maximum of 1,227 individuals at the time of its inception in 1983 to the current annual maximum of 11,746 individuals. The annual cost of the services provided to waiver recipients is in excess of \$200 million.

Waiver services provide additional support when state plan services (such as Medicaid coupons and Medicaid Personal Care) are not sufficient. If available, state plan services must be used first. In assessing the needs of the person and authorizing waiver services, case resource managers will consider state plan services, State Supplemental Payments (SSP), and community services commonly available such as schools, parks and recreation in meeting the health, safety and welfare (habilitation) needs identified.

CAP Eligibility Criteria

- The individual has a disability according to criteria established in the Social Security Act.
- The individual's gross income does not exceed 300 percent of the SSI benefit amount, and the individual's resources do not exceed \$2,000. Parental income is not considered for children.
- The individual needs the level of care provided in an Intermediate Care Facility for the Mentally Retarded (ICF/MR).
- A plan of care (Individual Service Plan) has been prepared which shows how the individual's health, safety and habilitation needs will be met in the community.
- The individual has agreed to accept home and community-based services as an alternative to institutional services.

Access to the CAP Waiver

The state requests and receives approval from the federal government for the number of individuals to be served on the waiver. You may request to be placed on the CAP waiver at any time. If you make that request and are determined eligible but there is no waiver capacity available, regional staff will document that access to the CAP Waiver has been requested.

Fair Hearing Rights

If at any time in the process of applying, waiting, planning or receiving services you feel your rights are being violated, you have a right to a Fair Hearing. Your regional office will provide you with the necessary forms.

Services Covered Under the CAP Waiver Available to Meet Health, Safety and Habilitation Needs

Residential Services

Residential services are provided to people who require assistance with daily living. Your DDD case resource manager must make the referral for these services. Services are divided into facility-based and non-facility based services. Facility-based means that the service provider owns the place of residence. It is not the person's own home.

Some waiver participants may live in Adult Family Homes. The service they receive is Medicaid Personal Care, a state plan service. Non-facility based means the person owns or rents the apartment or house and staff come into the home to provide a range of supports from 24 hours/7 days a week to

just a few hours a month, depending on the needs of the individual.

Private agencies or individual providers that hold contracts with DDD to provide in-home services are called Alternative Living (AL) or Supported Living (SL).

State Operated Living Alternatives (SOLA) are Supported Living services provided by state employees.

Employment & Day Programs

DDD contracts with counties to provide employment and day programs. Your DDD case resource manager must make the referral.

- **Individual Supported Employment:**
Placement and follow-up services necessary to help persons with disabilities obtain and continue integrated employment in regular businesses or industries.
- **Group Supported Employment:**
Supervised training and employment of small groups of adults with developmental disabilities in regular businesses and industries.
- **Pre-vocational/Specialized Industries:**
Training and long-term employment in businesses organized to provide training and employment to persons with disabilities. These settings tend to be more segregated.
- **Community Access:**
Assistance to gain access to community activities emphasizing the development of social, communication, volunteer and leisure skills for individuals whose age or disability currently limits their participation in employment.
- **Child Development Services:**
Early intervention services for children with disabilities from birth to age three and their families.